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## **LIVING IN RESONANCE**

*by Laurie A. Monroe*

There is a shift occurring within the global consciousness on the planet and many of us are resonating to the vibrations of this shift. We see it all the time at the Institute and it is a wonderful and beautiful process of which to be a part. People are more in tune with their inner beings and they are acting from their own inner energies, more and more living the oneness that we are, rather than just talking about it.

It is all a matter of energy, the basis of who and what we are. If we allow the energy of our experience to permeate our entire being, each cell, then we are allowing the life force energy to constantly flow through us. If we view the force as external, we are simply forgetting to “look under the hood” to see who is doing the driving. It is a matter of opening to the experience, whatever it may be, by becoming one with it rather than observing it. Once we experience and know that we are more than our physical bodies, more than our personalities, we begin to release any unwanted, limiting concepts of self. We allow the energy to flow smoothly and comfortably through us. When we resonate with higher vibrations, we become more in harmony and balance with them. If we recognize that love is the energy that raises our vibratory rate, then our thoughts resonate to these higher levels of vibrations. The more direct experience we acquire, the better we are able to integrate this resonance into our daily lives.

It is important to understand the meaning of resonance because it affects our lives in every aspect. If our thoughts are uplifting and positive, then others will resonate to our energy. An illustration of this would be that when you find yourself in the presence of someone who is happy and joyful, the energy field of this person will automatically bring you into the present—your own expression of joy. In essence, we are resonating with that person’s energy field. If our intent is to create balance and harmony on the planet, then in order for it to spread, we need to be proactive in our own actions.

I recently had the opportunity to share my thoughts with a lovely participant who attended the *EXPLORATION 27*<sup>®</sup> program a few weeks ago. I told her of my message, “Feel the Presence, rather than trying to see the vision.” It seems that many people seek images to identify with as a form of validation. If you can “see” it, then it gives the experience more validity. But Guidance comes in many forms—through feeling, hearing, vision, kinesthetically, or through a “simple” sense of knowing. If we constantly try to seek the vision or the picture of what we are experiencing, perhaps we lose a part of the wholeness of the experience. The meaning or the message may be far too complex to interpret through the physical sense of sight. Our physical eyes have difficulty perceiving that which exists beyond the surface, beyond the physical world. If we allow ourselves to feel the Presence, our perceptions and awareness become

more integrated with the experience itself. We find ourselves resonating and becoming one with the vibrations of the experience rather than observing it from the outside.

In order to feel the essence of the experience, we need not look through our physical filters but perceive and feel the wholeness of the experience by being in the moment of it. We should not limit our definition of self by operating solely through our five physical senses. Many of you who have attended our graduate programs have experienced the resonance of a tree or some other part of matter.

The important thing is that you are able to resonate with the vibration or frequency of an object or person and you are in tune with its energy field. The more we practice this, the more we will open our communication between all dimensions.

Each one of us has the power within to create the needed changes on our planet. It is simply a matter of resonating to the higher levels of vibration, and through our intent, together we can create harmony and balance. It is our choice to do this. When we choose to live from our heart centers, in each moment striving to radiate the love we truly are, everyone within our sphere of influence, known and unknown, responds. Like the ever-expanding concentric circles emanating from a single pebble dropped into a lake, our heartfelt expressions of love and gratitude extend outward touching all there is. When our circles intersect, there is the knowing that there is no separation. There is the unmistakable presence of the energy known as love, and within the resonance of love, there is freedom.

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